FIELD SANITATION TEAM CERTIFICATION COURSE

LESSON 3 - PERSONAL HYGIENE AND PREVENTIVE MEDICINE MEASURES

FSTCC0003-1

Lesson Objectives

- *Recognize proper personal hygiene practices associated with the care of the skin, hair, hands mouth & teeth and clothing.*
- *Recognize proper personal hygiene practices associated with the care of the feet.*
- *Identify nutritional elements associated with maintaining good health.*

Lesson Objectives, continued

- *Identify physical fitness factors associated with the maintenance of good health.*
- *Recognize personal hygiene practices used to avoid diseases and injuries associated with the environment.*
- *Identify mental fitness concepts associated with the maintenance of good health.*
- *Identify personal hygiene concerns for female soldiers.*

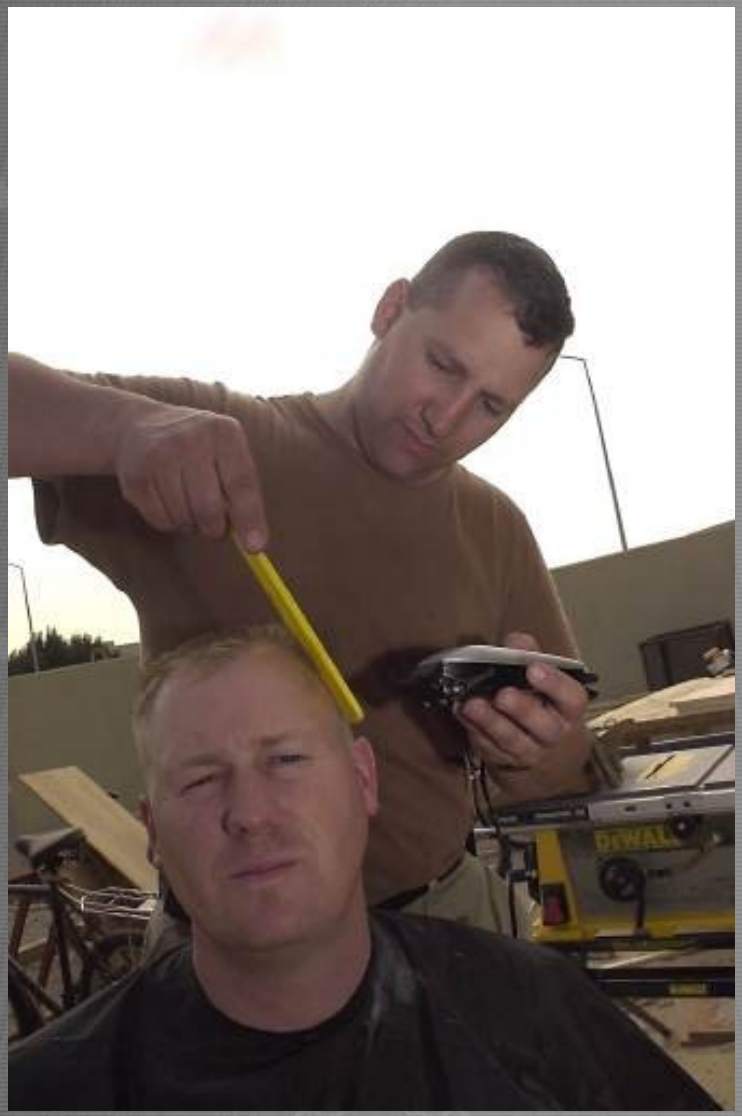
Personal Cleanliness

- *Keeping the body and clothing clean is an effective means of reducing disease agents on the body.*

Skin Care

- ***Wash with soap and water as often as possible.***

Hair Care



- Hair should be kept trimmed.
- Wash your hair as often as the mission allows.
- Shave daily.

Hands

- *Keep fingernails trimmed and clean.*
- *DO NOT bite your nails.*

Clothing

- Dirty clothing harbors disease and germs that may cause disease.

Care of the Mouth/Teeth

- *Clean your mouth and teeth immediately after and just before retiring.*

Prosthetic Devices and Fillings

- Care for prosthetic devices and fillings as you would your natural teeth.

Care of the Feet

- *Foot care is one of the most important aspects of personal cleanliness.*

Foot Hygiene

- ***Wash feet with soap and water at least once a day.***

Foot Hygiene

- Socks should be changed daily and washed.

Common Foot Problems

- Blisters, ingrown toenails, and athlete's foot.

Road Marches

- *The road march is the most severe test of fitness of the feet.*

Preparing for the March

- Inspect soldiers prior to the march for proper fitting foot gear and socks.

While Marching

- Keep your feet as dry as possible.

Care During and After the March

- *Inspect feet during rest breaks for potential trouble spots and elevate to prevent swelling.*

Nutrition

- ***Army rations provide a balanced amount of essential nutrients.***

Physical Fitness

- Get some form of exercise daily to maintain stamina and good health.

Rest and Relaxation

- *Rest is important to restore your body's vigor.*
- *7 - 8 hours of undisturbed sleep is optimal.*

Rest and Relaxation

- *Take advantage of spare time to relax, if necessary.*

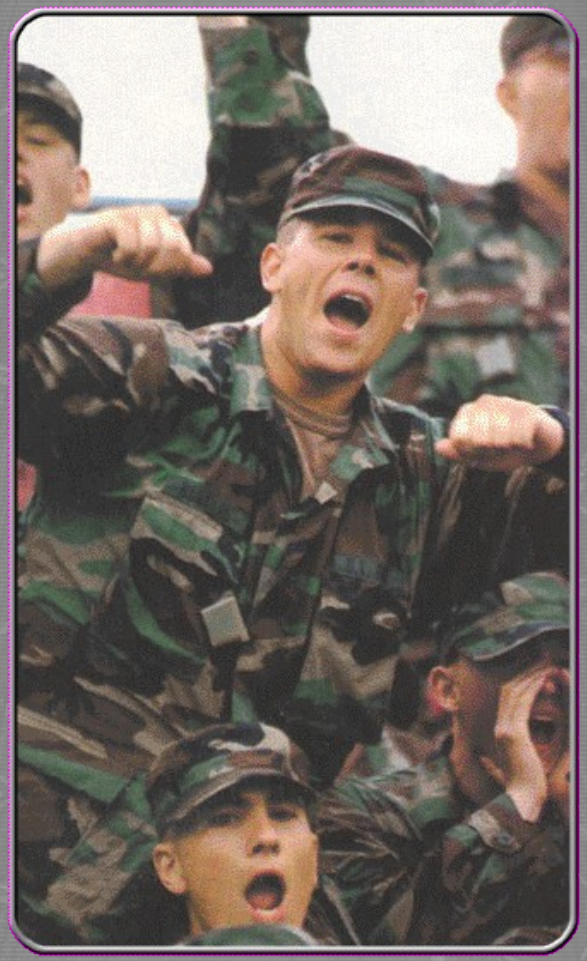
Protection from the Environment

- *The BDU is designed to protect you from the environment and from disease-bearing insects.*

Avoid Disease Sources

- Soldiers must avoid food and water that may be contaminated.

Cultivating Overall Well-Being



- *Friendliness- No man is an island.*
- *Tolerance- Apply the golden rule.*

Cultivating Overall Well-Being (2)

- Combat worry and fear.

Rules for Avoiding Illness in the Field

- Don't consume foods or beverages from unauthorized, unapproved sources.
- Use some form of purification if using unapproved water.
- Don't contaminate the ground with urine or feces.
- Keep your fingers and other contaminated objects out of your mouth.

Rules for Avoiding Illness in the Field (2)

- *Avoid unnecessary exposure to wet and cold.*
- *Avoid insect bites by keeping your body clean, wearing your uniform in the proper manner, using repellents, and using bed nets as instructed.*
- *Don't share personal items with anyone (i.e., comb, razor, toothbrush, towels, etc.).*

Rules for Avoiding Illness in the Field (3)

- Don't take a laxative for pain in the stomach. See a doctor instead.
- Don't throw food scraps, cans, and refuse about the camp area.
- Avoid contact with sources of disease, especially in areas where native sanitation is poor.
- Whenever possible, get seven to eight hours of undisturbed sleep each night.

Personal Hygiene and the Female Soldier

- The medical and health concerns for female soldiers are different from male soldiers.

Supplies

- *Females have different cleanliness requirements than males.*

Supplies

- Baby wipes
- Panty liner and sanitary pads
- Cotton undergarments
- Non-deodorant tampons
- Contraceptives supplies
- Yeast infection medication

Bathing

- Female soldiers should have access to a bathing facilities daily during their menstrual cycle, if available.

Care of Female Reproductive Tract

- *Increased incidences of urinary tract infections my occur during field exercises or deployments.*
- *Medical care is necessary for vaginal discomfort, sores, swelling or lymph nodes in groin, unusual vaginal discharge, painful or burning urination, or abdominal pain.*

Water Consumption and Field Mobility

- *Female soldiers may be at greater risk of dehydration in the field because of their reluctance to use the latrine due to privacy or time constrains.*

SUMMARY